Maryland Physical Education

Grade 8

Motor Skills and Movement Patterns S1.G8

Dance & Rhythms

1 Exhibits command of rhythm and timing by creating a movement sequence to music as an individual or in a group. S1.G8.1

Throwing

2 Throws with a mature pattern for distance or power appropriate to the activity during small-sided game play. S1.G8.2

Catching

3 Catches an object from different trajectories and speeds in a dynamic environment or modified game play. S1.G8.3

Passing & Receiving

4a Passes and receives with an implement while changing direction, speed, and/or level, with competency. S1.G8.4A

4b Throws a leading pass to a moving partner off a dribble or pass. S1.G8.4B

Offensive Skill

5a Executes at least two of the following to create open space during modified game play: pivots, fakes, jab steps, screens. S1.G8.5A

5b Executes the following offensive skills during small-sided game play: pivot, give and go, and fakes. S1.G8.5B

Dribbling/Ball Control

6a Dribbles with dominant and non-dominant hands using a change of speed and direction in small-sided game play. S1.G8.6A

6b Foot-dribbles or dribbles with an implement with control, changing speed, and direction during small-sided game play. S1.G8.6B

Shooting on a Goal

7 Shoots on goal with a long-handled implement for power and accuracy in modified invasion games. S1.G8.7

Defensive Skills

Drop-steps in the direction of the pass during player-to-player defense. S1.G8.8

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Serving

9 Consistently executes an underhand serve for distance and accuracy for net and wall games. S1.G8.9

Striking

10 Strikes with a mature overhand pattern in a modified net or wall games. S1.G8.10

Forehand & Backhand

11 Demonstrates the mature form of forehand and backhand strokes with a short or long-handled implement with power and accuracy in net games. S1.G8.11

Weight Transfer

12 Transfers weight with correct timing using low-to-high striking pattern with a long-handled implement on the forehand and backhand sides. S1.G8.12

Volley

13 Forehand and backhand volleys with a mature pattern and control using a short-handled implement during modified game play. S1.G8.13

Two-hand volley

14 Two-hand volleys with control in a small-sided game. S1.G8.14

Target Games/Propel an Object

15 Consistently propels an object with accuracy and control for target games. S1.G8.15

Striking with a Long-Handled Implement

16 Strikes a pitched ball with an implement for power to open space in a variety of small-sided games. S1.G8.16

Catching with a Short or Long-Handled Implement

17 Catches a variety of objects from different trajectories and speeds in a dynamic environment or modified game play while using an implement. S1.G8.17

Outdoor Pursuits

18 Demonstrates correct technique for basic skills in at least two self-selected outdoor activities. S1.G8.18

Individual Performance Activities

19 Demonstrates correct technique for basic skills in at least two self-selected individual performance activities. S1.G8.19

Concepts and Strategies S2.G8

Creating Space - Movement

1 Opens and closes space during small-sided game play with movement concepts. S2.G8.1

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reating Space - Offensive Tactics

2 Executes at least three of the following offensive tactics to create open space: moves to create open space on and off the ball; uses a variety of passes, fakes and pathways; give and go. S2.G8.2

Reducing Space - Changing Size and Shape

3 Reduces open space on defense by staying on the goal side of the offensive player and reducing the distance to the opponent. S2.G8.3

Reducing Space - Using Denial

4 Reduces open space by not allowing the catch (denial) and anticipating the speed of the object and person for the purpose of interception or deflection. S2.G8.4

Transitions

5 Transitions from offense to defense or defense to offense by recovering quickly, communicating with teammates, and capitalizing on an advantage. S2.G8.5

Creating Space - Through Variation

6 Creates open space in net or wall games with either a long-handled or a short-handled implement by varying force or direction, or by moving opponent from side to side, and/or forward and backwards. S2.G8.6

Using Tactics & Shots

7 Varies placement, force, and timing of return to prevent anticipation by opponent. S2.G8.7

Shot Selection

8 Varies the speed, force, and trajectory of the shot based on location of the object in relation to the target. S2.G8.8

Offensive Strategies

9 Identifies sacrifice situations and attempts to advance a teammate. S2.G8.9

Reducing Space

10 Reduces open spaces in the field by working with teammates to maximize coverage. S2.G8.10

Movement Concepts

11a Describes and applies mechanical advantage(s) for a variety of movement patterns. S2.G8.11A

11b Implements safe protocols in self-selected outdoor activities. S2.G8.11B

Health-Enhancing Level of Physical Activity and Fit

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Physical Activity Knowledge

Develops a plan to address one of the barriers within one's family, school, or community to maintaining a physically active lifestyle. S3.G8.1

Engages in Physical Activity

2a Participates in a variety of self-selected aerobic fitness activities outside of school such as walking, jogging, biking, skating, dancing, and swimming. S3.G8.2A

2b Plans and implements a program of cross-training to include aerobic, strength, endurance, and flexibility training. S3.G8.2B

2c Participates in moderate to vigorous aerobic and/or muscle and bone-strengthening physical activity. S3.G8.2C

Fitness Knowledge

3a Compares and contrasts health-related fitness components. S3.G8.3A

3b Uses available technology to self-monitor quantity of exercise needed for a minimal health standard and/or optimal functioning based on current fitness level. S3.G8.3B

3c Employs a variety of appropriate static stretching techniques for all major muscle groups. S3.G8.3C

Responsible Personal and Social Behavior S4.G8

Personal Responsibility

1a Accepts responsibility for improving one's own levels of physical activity and fitness. S4.G8.1A

1b Uses effective self-monitoring skills to incorporate opportunities for physical activity. S4.G8.1B

Accepting Feedback

2 Provides encouragement and feedback to peers without prompting. S4.G8.2

Working with Others

3a Responds appropriately to participants' behavior during physical activity by using rules and guidelines for resolving conflicts. S4.G8.3A

3b Cooperates with multiple classmates on problem-solving initiatives. S4.G8.3B

Rules and Etiquette

4 Applies rules and etiquette by acting as an official for modified physical activities and games and creating dance routines within a given set of parameters. S4.G8.4

Recognizes the Value of Physical Activity S5.G8

Health

1a Identifies the components of health-related fitness and explains the relationship between fitness and overall physical and mental health. S5.G8.1A

1b Analyzes the empowering consequences of being physically active. S5.G8.1B

Challenge

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ı Develops a plan of action and makes appropriate decisions based on that plan when faced with an individual challenge. S5.G8.2A

2b Justifies that skills will develop over time with appropriate practice. S5.G8.2B

Self-Expression and Enjoyment

3a Discusses how enjoyment could be increased in self-selected physical activities. S5.G8.3A

3b Identifies and participates in an enjoyable activity that prompts individual self-expression. S5.G8.3B